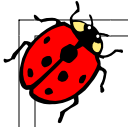


Miller Community Center

Summer 2003 Program Brochure



330 - 19th Avenue East
Seattle, WA 98112
(206) 684-4753

REGISTRATION BEGINS
JUNE 2, 2002

Classes begin the week of June 23th
(unless otherwise noted)

*After School & Before School
Registration Begins
June 9*



HOT Summer Ideas

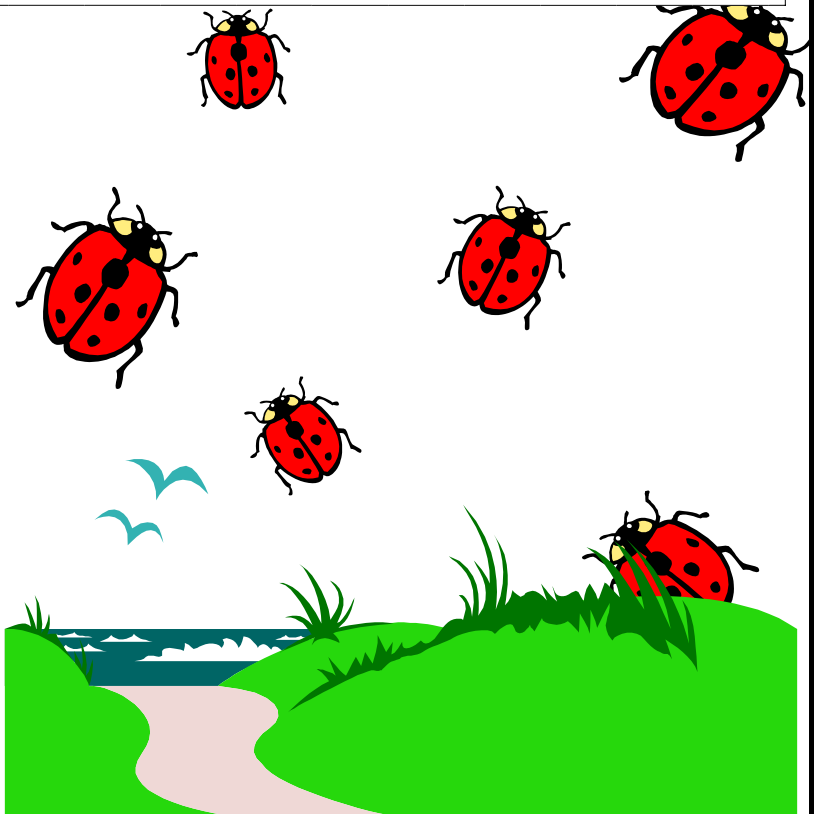
Youth Tennis
Summer Day Camps
Teen Activities

Ron K. Bills
Fountain

Bring the whole family and a towel and
cool off in this wonderful water feature
for the whole community.
Call for hours of operation.



**SEATTLE PARKS
AND RECREATION**





Miller Community Center

330 19th Avenue East
Seattle, WA 98112

(206) 684-4753 phone
(206) 684-4397 fax



SUMMER HOURS OF OPERATION

Jun 23 - Sep 6, 2003

Monday /Wednesday/Friday

1:00 pm - 9:00 pm

Tuesday/Thursday

10:00 am-9:00 pm

Saturday

10:00 am - 5:00 pm

Sunday

Closed



HOLIDAY CLOSURES

Independence Day
Friday, Jul 4

Labor Day
Monday, Sep 1



FEES AND CHARGES

The programs and activities listed in this brochure are sponsored by the Miller Advisory Council under an agreement with the Seattle Department of Parks and Recreation. A portion of the adult program fee is paid to the City of Seattle as follows: \$1.00 per person per class, \$1.50 per person for each workshop, and \$1.30 per person per athletic game. The Department uses these funds to defray the overall operation expenses and offset program costs. Class and program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State Tax Code.

PAYMENTS

We accept checks, money orders, credit cards, and EXACT CASH ONLY. Please make check or money order payable to **Miller Advisory Council**. A \$20 fee will be charged for all returned checks.

REFUND POLICY

A full refund is given to participants who register for a program that is cancelled by the Department for any reason. If a participant drops a class or program for which he or she is registered prior to the second meeting of a session, \$5.00 or 10 % of the fee, whichever is greater, will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. *If a participant drops a class or program after the second meeting of a session, no refund will be given.*

DIRECTIONS

Miller Community Center is on Capitol hill next to Miller Playfield and Meany Middle School (four blocks east of Group Health Central Hospital/Urgent Care).

METRO BUS ROUTES

#8, 12, 43 - stops at 19th & Thomas (1 block north)

#48 - stops on 23rd Avenue (4 blocks west)

South on Interstate 5

Take the Highway 520 exit. Take the Montlake exit, go to the light and turn right. Go approximately 1 1/2 miles to the top of the hill where the street becomes 23rd Avenue. Turn right on John St. Go up the hill to the 4-way stoplight at 19th Ave East. Turn right onto 19th Ave E.

North on Interstate 5

Take the Madison St. exit from I-5. Go past the Dearborn and James St. exits, then take the Madison St. exit. Turn right onto Madison St. and proceed East approximately 1.5 miles to 19th Ave Turn left and proceed north to the 4-way stoplight (Thomas St.). Continue north on 19th Ave East for 1/2 block.

Special Event/Classes



Afro-Brazilian Capoeira and Dance Workshops

Miller Community Center and Grupo Axe are hosting dance workshops featuring a handful of world-famous Capoeira Masters and Afro Brazilian dancers. Workshops will include:
 Capoeira with Mestre Marcos Barrao from Vancouver, BC
 Capoeira with Mestre Boi from Newark, NJ
 Capoeira with Contr-Mestre Nego Bola from Toronto, ON
 Dance with Aurinha De Jesus from Vancouver, BC

An open Capoeira roda/demonstration will follow the workshops. All Workshops are open for the public to observe.

To register or for more information on the workshops go to www.axeseattle.com/batizado

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Sat	Sep 6	11:00 am-4:00 pm	varies

Sing and Sign (Sign Language)

Studies show that combining music and movement is a powerful tool for learning early language skills. Created especially for parents and caregivers looking for fun ways to introduce signs to their children, "Visually Speaking" Sing and Sign classes keep both the child and adult in mind while taking the difficulty out of learning a new language. This "Visually Speaking" class is taught by a member of the Deaf community, providing both an educational and cultural experience. Class is 30 minutes with time for questions and answers at the end. **Ages 3-6**

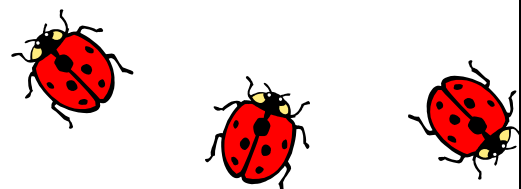
Instructor: Melissa "Echo" Greenlee Class minimum is 5.

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Tue	Jun 24-Jul 15	10:30 am-11:15 am	\$45.00
Tue	Aug 12-Sep 2	10:30 am-11:15 am	\$45.00

Fee includes adult and one child. Additional children are \$5.00 each.

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Tutoring and Education



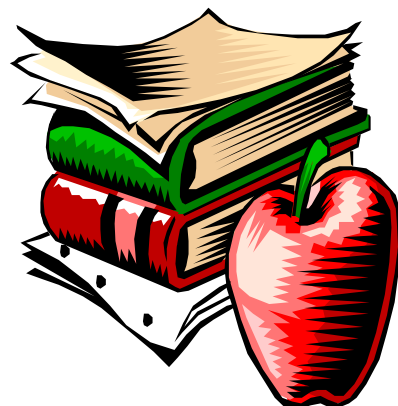
H.E.L.P. Tutoring

Join the **H**ollywood **E**ducation and **L**iteracy **P**roject of Puget Sound. This program offers study and learning skills developed by humanitarian and educator L. Ron Hubbard to eradicate the barriers to study so you can learn to do anything you desire in life. All ages welcome! Please call 425-641-3969 for an appointment.

Tutor: Azi Colling

Location: Miller CC - Activity Rm #1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon	Jun 23-Aug 25	3:00-6:00 pm	FREE



Weekly Camp Dates:

Week 1	6/23-27
Week 2*	6/30-7/3
Week 3	7/7-11
Week 4	7/14-18
Week 5	7/21-25
Week 6	7/28-8/1
Week 7	8/4-8
Week 8	8/11-15
Week 9	8/18-22
Week 10	8/25-29

***Week 2 is pro-rated
for all camps.**

REGISTRATION FOR ALL SUMMER DAY CAMP PROGRAMS IS CURRENTLY GOING ON.

Register early to ensure a space in these very popular camp programs. Information/Registration packets can be picked up at the Miller Community Center.

A FAIRY TALE SUMMER

Preschool Ages: 3-5 year olds

8:30 am-5:00 pm \$85.00 per week

8:30 am-12:30 pm \$45.00 half day

1:00pm-5:00 pm \$45.00 half day

Monday-Friday

Max. 20 kids per week. Must be potty trained.

Director: Alana Bell Assistant: Kestra Smith

This program is designed to provide safe and creative activities for your pre-schooler while enhancing learning, socialization and group interaction skills. **The maximum number of participants per camp is 20 per week.** There is a \$10.00 deposit required per session per child. There is a one time supply fee of \$10.00. For a detail of weekly themes and description refer to page 5.

EXPLORE FROM THE MOUNTAINS TO THE SEAS

Middle School/Teen Agers

11-15 year olds 8:00 am-4:00 pm

\$95.00 per week Monday - Friday

Director: Mychael Garrett-Smalls

Assistant: Cailin Reeder

Explore all the possibilities that Summer can provide. This camp is always on the go.

What do you do with your middle schooler or teen ager? Give them a summer jam packed with activities, keep them on the go and expose them to a variety of activities in a safe nurturing environment. **The maximum number of participants per camp is 20 per week.** There is a \$25.00 deposit required per session per child. There is a one time camp supply fee of \$10.00. For details see page 7.

WACKY SCIENCE LAB

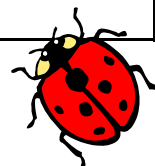
K-2nd Grade (ages 6-8) or 3rd-5th Grade (ages 8-10)

7:00 am - 6:00 pm \$95.00 per week

Monday - Friday

Director: Kiesha Cannon

*Experience this Summer in a fun, safe, and enriching environment. An amazing and energetic staff will guide your child through this whirl wind of different ways to have Summer fun. These very popular camps provide art, music, science, dance, sports and community service all wrapped up in the warm summer sun. **The maximum number of participants per camp is 35 per week.** DSHS is accepted. There is a \$25.00 deposit required per session per child. There is a one time camp supply fee of \$10.00. For a detail of weekly themes and descriptions please turn to page 6.*



PreSchool Camp Info



5

Preschool Camp-Summer 2003 A FAIRY TALE SUMMER

Join us in our Fairy Tale Summer. Each week's theme takes us on a journey based on a fairy tale we have selected. Through these themed activities we will encourage creativity and build social skills by utilizing art, dance, music, movement activities, sports and field trips.

Jack and the Beanstalk

Week 1

June 23-27

Join us as we plant our own "magic beans" and watch our "beanstalks" grow from the beginning of the summer till the end.

Beauty and the Beast

Week 2

June 30-July 3

(NO CAMP Friday, July 4th) Be our guest for a magical tea party with Beauty and the Beast and a host of magical pots and pans.

Hansel and Gretel

Week 3

July 7-11

To grandmother's house we go! We'll make gingerbread houses that we'll be safe for us to eat.

Cinderella

Week 4

July 14-18

At the strike of noon the magic will just begin. With magic wands and the words Bibbidi Bobbidie Boo we'll be able to turn any pumpkin into a carriage.

Goldilocks and the Three Bears

Week 5

July 21-25

We'll put on. Our own mystery rendition of Goldilocks and the Three Bears and to find out whose been sitting in the three bears chairs.

Sleeping Beauty

Week 6

July 28-August 1

We'll have a pretend sleep over and make magical pillow cases.

Rumpelstiltskin

Week 7

August 4-8

We might not be able to spin straw into gold, but we'll make our own songs for each of our names.

Little Red Riding Hood

Week 8

August 11-15

This week we'll bake treats for some of the elders in our community. Hopefully we won't come across a big bad wolf.

The Goose Who Laid Golden Eggs

Week 9

August 18-22

We can't lay golden eggs, but we can sure make them. We'll have a fun filled scavenger hunt for golden eggs and more.

Rip Van Winkle

Week 10

August 25-29

We'll close the summer with our own fairy tale book about our summer from the beginning till the end.



Elementary Day Camp - Summer 2003

WACKY SCIENCE LAB

Join us for a fun filled summer exploring the sights and sounds of the Pacific Northwest. Through our themed activities we will encourage creativity and build social skills by utilizing science, art, music, dance, sports and field trips.

Gather 'Round the Work Bench Week 1 June 23-27

It's the first week of camp which means it's time to sit around the work bench and get to know each other a little bit. We'll play lots of get to know each other games and of course learn the rules of the lab.

Magnetic Attraction	Week 2	June 30-July 3
----------------------------	---------------	-----------------------

(NO CAMP Friday, July 4th) Now that we know each other a little bit better, let's get those magnets out and see what happens.

Music and Sound Week 3 July 7-11

Do you like to sing? Do you like to dance? Do you like to make noise without getting into trouble? This week is all about things that make sound, so come prepared to make some noise.

Dramatic Static	Week 4	July 14-18
------------------------	---------------	-------------------

Ever wonder why balloons stick to your head? Join us this week as we learn how static works.

Animal Discovery Week 5 July 21-25

Lions, tigers, bears! Oh my! This week we will learn about different types of animals through art projects and a trip to the zoo.

Planes and Spinners

Week 6

July 28-August 1

Airplanes and helicopters. Rockets and missiles. This week we will be able to learn about these things through games, projects and maybe a trip to the museum of flight

Water Works Week 7 August 4-8

Creeks, rivers, streams, lakes, oceans, pools, and water balloons. If it has to do with water, it will be part of camp this week. We'll take a trip down to the waterfront and to the aquarium.

Light and Color Week 8 August 11-15

Lights and colors are everywhere! And we will be too! This week we'll explore the town and pay attention to the things we rarely notice everyday.

Mirrors and Reflection	Week 9	August 18-22
------------------------	--------	--------------

Camp will soon be coming to an end, but don't be sad. This week we will take a look at Ourselves and reflect on some of our favorite things of summer and do them again.

Bursting with Fun **Week 10** **August 25-29**

It's the last week of camp, so let's get wild 'n' crazy and mix things up a bit! The only Ingredient we have to include is ... FUN! Come prepared to have a great time.



MS/Teen Camp Info



7

Middle School/Teen Camp - Summer

2003

EXPLORE FROM THE MOUNTAINS TO THE SEAS

Codes of Conduct

Week 1

June 23-27

The teens will discuss, evaluate and agree upon the different modes of conduct for our various field trips and activities, as well as, create the rules and regulations for the summer.

Green is the Scene

Week 2

June 30-July 3

(NO CAMP Friday, July 4th) Join us for a week of exploring the greenery of Western Washington's massive park systems.

Beautify Our City

Week 3

July 7-11

This week the teens will do community service to clean up a park or local waterway and learn about giving back to their community.

Wonders of the Water

Week 4

July 14-18

Discover all the wonders of water in Western Washington. The teens will explore lakes, streams, water parks and do some environmental stewardship activities along the way.

Community Hop

Week 5

July 21-25

Explore Seattle and all the diverse neighborhoods it has to offer. We will visit neighborhood parks, museums, and community centers.

Create a Meal

Week 6

July 28-August 1

This week the teens will cook various dishes with other teen programs throughout the city and get to know new people in the process.

Artistic Expressions

Week 7

August 4-8

Teens will observe and participate in various forms of art during the week which will include the art museum, music, and cinemas. They will then focus on their area of interest and produce a project of their own.

Teen Appreciation

Week 8

August 11-15

The teens will take a morning fishing trip after they spend the night with the other campers and cook breakfast for themselves.

College Admissions

Week 9

August 18-22

This week the teens will explore the different colleges and universities and see what it takes to get into a college or university.

Goodbye Summer

Week 10

August 25-29

This week we will visit some of our favorite summer destinations one last time before we head back to school and say goodbye to summer.



KARATE

This class teaches the traditions of martial arts. Uniform is a black gi and white belt. See instructor about uniform purchases (not included in class fee). Class minimum is 4.

Instructor: Donald Allen **NO CLASS MON, SEP 1.**

Location: Miller Multipurpose Rm #2

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon/Fri	Jun 30– Aug 29	6:30-7:30 pm	\$70.00

HATHA YOGA

A combination class of Hatha and Ashtanga yoga which liberates the natural energy of your body. Learn breath work, body alignment, and the opening of joints in a guided flow that is gentle and relaxing. **NO CLASS MON, SEP 1.**

Instructor: Daniele Spirandelli Class minimum is 5.

Location: Multipurpose Rm #1

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon/Wed	Jun 23– Jul 23	6:15-7:30 pm	\$50.00
Mon/Wed	Jul 28-Sep 3	6:15-7:30 pm	\$60.00

Drop-in fee: \$7.00/class

SURVIVING WATERCOLORS

Level 1: Experience painting with watercolors by learning four basic techniques that will give you confidence to tackle watercolor painting with a new sense of excitement and fun.

Level 2: This class will learn 5 advanced techniques to take your paintings to a new level. Materials not included in these classes. Supply list available at the front desk.

Instructor: Bryan Briscoe Class minimum is 6.

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Thu	Lev 1 Aug 7-Sep 4	10:00 am-12:30 pm	\$65.00
Fri	Lev 1 Aug 8-Sep 5	2:00-4:30 pm	\$65.00
Thu	Lev 2 Aug 7-Sep 4	1:00-3:30 pm	\$65.00
Fri	Lev 2 Aug 8-Sep 5	5:00-7:30 pm	\$65.00

GENTLE RESTORATIVE YOGA

This class is designed for people with life challenging illnesses, those wheel chair bound, and anyone recovering from an illness or surgery. **All ages welcome.**

NO CLASSES July 21-25 and Mon Sep 1.

Location: Multipurpose Rm #1

Instructors: Jane Woodard, R.N., Molly Kenny, MS-CCC, Jil Spitzer-Fox, M.A., Suzanne Bigelow, Paul Bubak, M.D., Friedemann Schaub, M.D., and Char Easter

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon	Ongoing	1:00 pm-2:00 pm	Free
Mon	Ongoing	2:15-3:15 pm	Free
Thu	Ongoing	6:30-7:30 pm	Free

Open Gym Schedule

Adult Drop In Volleyball

Bring a friend and have some fun!

All levels welcome!

Location: Miller CC Gym

Jun 23 - Sep 3

Mon & Wed

6:00-8:45 pm

\$2.00/person

CLOSED MON, SEP 1

Adult Drop In Basketball

Location: Miller CC Gym

Men and women are welcome.

Miller CC

Jun 26-Sep 4

Thu

6:30-8:45 pm

\$2.00/person



Adult Drop In Badminton

All levels welcome.

Location: Miller CC Gym

Jun 24-Sep 5

Tue & Fri

6:00-8:45 pm

\$2.00/person

CLOSED FRI, JULY 4

Adult Basketball

Enjoy Friday morning basketball to start off your weekend. You must be pre-registered for this class. Max: 15 per session. No basketball July 4 or 25.

Session 1: 10:00 am-11:30 am

Session 2: 11:30 am-1:00 pm

Location: Miller CC Gym

Jul 11 & 18

Aug 1, 8, 15, 22, 29

Fee: \$20.00 /session



Mity-Mite Playtime

For those summer rainy Seattle days we offer a play group for children ages 6 mths - 5years, Supervised by parents. Come meet other parents with toddlers and infants. Make new friends!!! There is a \$1.00 drop in fee. 10 visit punch cards are available. This activity is parent supervised and set up/clean up.

Ongoing
(No playtime July 22 & 24)
Location: Miller CC - Gym
Tue/Thu 10:00am-Noon

GYMNASTICS INSURANCE

An *annual* insurance fee of \$20 must be paid prior to the first day of class. This insurance is required to participate in the gymnastics classes and covers one year from the date of payment.

WO-YING-CHUAN (Invisible Fist) KARATE

This program was designed for children and youth willing to learn and demonstrate courage and discipline. Through this class, the instructor encourages physical fitness, discipline, and confidence. Uniform is a black gi and white belt to start. See instructor about uniform purchases (not inc. in class fee). Class minimum is 5.

Instructor: Donald Allen

Location: Miller CC- MP Rm # 2

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Mon/Fri	Jun 30-Aug 29	5:30-6:30 pm	\$60.00

GYMNASTICS

This recreational gymnastics program for boys and girls stresses safety and technique while offering students a chance to learn new tricks and make new friends. Equipment available is tumbling mats, vault, spring board, balance beam and a single bar. Class min: 4 Class max: 8.

Instructor: Sandra Kanan

Location: Miller Annex Gym

Ages 4-5:

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee*</u>
Wed	Jul 2-Aug 20	4:00-4:45 pm	\$50.00

Beginners (ages 6 & up):

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee*</u>
Wed	Jul 2-Aug 20	5:00-6:00 pm	\$55.00

Intermediate:**

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee*</u>
Wed	Jul 2-Aug 20	6:00-7:30 pm	\$65.00

*\$20 annual insurance fee must be paid once a year in addition to the fee listed above. ** Requires instructor approval.



MILLER TEEN PROGRAM

The Miller Teen Program is dedicated to educating and motivating teens to develop leadership and courage through intergraded developmental assets. These assets include; Education Opportunities, Special Events, Life Skills Workshops, Teen Councils, Job Readiness, Group Games, Field Trips, and much more.

Teen Development Leader: Traci Grant

Times: 4:00-8:00pm (times may vary)

Days: Mon-Fri, some Saturdays

Cost: Free (some activities require a fee)

All Teen Program participants must be registered. This includes a Parent/Guardian Authorization form and a Participant Behavior Contract signed by Participant/Parent/Guardian/Teen Development Leader.



TENNIS LESSONS

Learn to play tennis - you just might be the next Venus Williams or Andrea Agassi. These classes focus on the beginner. Minimum of 6 participants per class.

Instructor: TBA

Location: Miller Park Courts 1 & 2

AGES: 8-11 years

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Tue & Thu	Jul 8-Aug 14	5:30-6:30pm	\$70.00

AGES: 12-16 years

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Tue & Thu	Jul 8-Aug 14	6:45-7:45pm	\$70.00

PIANO LESSONS

Always wanted to play? Start today! Learn to read music and play songs that will amaze your friends! Basic piano skills will be developed during a five week session. Supportive, one on one instruction guides students to read and perform. Lessons are 30 minutes. Instruction book is dependent on initial assessment. (Approximately cost, \$5)

Instructor: Sheryl Shumsky

Location: Miller Activity Rm #1

AGES: 6 and up

<u>Day</u>	<u>Date(classes)</u>	<u>Time</u>	<u>Fee</u>
Fri	Jun 27- Aug 1	4:15-6:15 pm	\$70.00

UPCOMING FALL SPORTS

Registration for fall sports will begin August 4.

GIRLS VOLLEYBALL

Coach: TBA **Days/Times:** TBA
Ages 10-17 **\$30.00**

NFL FLAG FOOTBALL

Coach: TBA **Days/Times:** TBA
Ages 6-17 **\$30.00**



MILLER TEEN COUNCIL

The goal of the Teen Council is to involve youth in planning teen programs and activities for the community. To have Teens implement their ideas and opinions with core developmental assets; Environmental Education, Environmental Stewardship, Arts, Culture, Life Skills, Job Readiness, Citizenship, Leadership Development, Social Recreation, Sports and Fitness Development. Please contact Traci Grant, Teen Development Leader at 684-4753.

Registration Begins June 9

Space is limited, so mark this date on your calendar!

These programs follow the Seattle Public School calendar for elementary students Ages 5-10 .

Before School

This popular program prepares your child for the school day ahead. We provide a snack, academic enrichment, homework help and recreation. Seattle Public schools will transport on a school bus upon parent request.

Instructor: TBA

Location: Act. Rm #3

7:00-9:00 am

\$175.00 per month

Sep, 2003-Jun, 2004



AFTER SCHOOL

Each month the activities are planned to include art, music, dance, sports, cooking . An important emphasis for this program is tutoring and homework help. Each day we will challenge the mind and body with creative programming. Seattle Public schools will transport on a school bus upon parent request.

Maximum 30 youth.

Instructor: TBA

Location: MP #1 & Act. Rm #3

3:00-6:00 pm

\$230.00 per month

Limited scholarships may be available.

School Transportation: 252-0900



Please pre-register for all of these programs by calling 233-7255 to ensure their success!

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7255

Recreation Specialist-Clothilde Bakari

Recreation Specialist- Cheryl Brown

Summer Quarter Dates: July 7 – September 19

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins June 23. Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs,
ATT: Clothilde / Cheryl, 8061 Densmore Ave
N Seattle, WA 98103.** Make checks payable to
'SAAC''

Central East Division Sites

Garfield CC 2323 East Cherry
Miller CC 330 -19th Ave. E.
Montlake CC 1618 - E. Calhoun
Yesler CC 835 Yesler Way

GENTLE YOGA FOR SENIORS Free

Learn different postures (asanas), and do mat work and breath work. We're open to individuals' specific requests and look forward to welcoming you to our program. All equipment provided. Volunteer Certified yoga instructors: Beverly Holstun, Char Easter, and Elizabeth Boram. **NO CLASSES July 21-25.**

Tuesdays 12:15-1:15pm **Miller**
Wednesdays 1:00-2:00 pm **Miller**

LINE DANCE \$5.00

Get out on the dance floor and move to the music! No partner needed for this fun class that is great exercise! Scholarships available.

Tues July 15–Aug. 12 12:30 -1:30 pm Yesler

TAI CHI Free

Lower blood pressure, alleviate stress, improve balance, & stimulate joints, etc. Volunteer Instructor: Maik Tow
No class summer quarter. Watch for fall schedule!

MEDGAR EVERS SR. SWIMMING CLASSES

For senior swimming times and prices, please call the pool for information and to pre-register:

Medgar Evers Pool.....684-4766 500 – 23 Avenue

*Adapted Water Exercise: Mon/Wed 12-1pm

*Aqua Jogging Class: Mon/Wed/Fri 6-7pm

*Water Exercise Class: Tue/Thu 8-7pm, Sat. 9-10am

*Lap Swim

AEROBICS/FITNESS



FITNESS FOR LIFE \$18.00- 1 day week

A 1-hour exercise session includes low-impact aerobics, stretching & abdominal, torso and low back strengthen-ing with a mini Pilates ball. Instructor: Carol Lorenz

Mondays 10:30-11:30am Garfield
Wednesdays 10:30-11:30am Garfield

WELLNESS THROUGH CHAIR-ROBICS Free

For anyone who is not active now but would like to be. By exercising in chairs, the class builds strength and enhances your level of health. Volunteer Instructor: Tara Bernstein (Class is offered thru the Country Dr. Community Clinic.)
Call Nancy, 299-1619, to register.

Tuesdays 1:30-2:30pm **Miller**
Class dates: Jun 24, Jul 1, 8, 15, Aug 19,26, Sep 2, 9

WRITING & BOOK CLUBS

WRITE YOUR LIFE'S STORIES Free

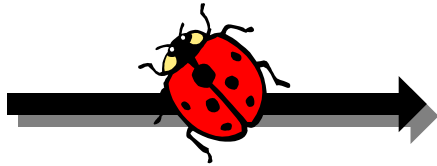
Using a variety of writing prompts we will work on remembering and writing the stories that have made our lives unique. The best way to remember and share your family's history is to write it down and share it with generations to come! Sign up again and again!

Thurs. Sept. 4 - 18 1:00-2:30pm Garfield

A NOVEL IDEA Free

Brain power! Feed your mind with an enjoyable book and tasty treats. The Seattle Public Library provides books to our group free of charge. Meets the 3rd Thursday of the month at 11:00 am.

Douglass Truth Library 2300 E. Yesler Way
July 17, August 21, September 18



WALKING CLUB &

SOUND STEPS

Free

If you are age 50 or older, then Sound Steps is for you! This **FREE** program offers a safe, fun way to get moving and begin a regular walking program. Bring your friends! *Please register by calling 684-4951.*

Thursdays 9:30 am Garfield

STEPPIN' THROUGH SEATTLE

Explore our local parks in this fun walking/fitness program. Be prepared for wet or muddy trails with appropriate footwear. All walking levels welcome! *On the starred trips we will go to lunch at a local restaurant, or brown bag it. *Transportation provided! You must register by the Friday prior to each trip. Registration is limited so sign up early by calling 233-7255! Pick up in front of the community center.*

Yesler Pick-up 9:30 am

Garfield Pick Up 9:45 am

Tuesdays 10:00 am – 12:30 pm

*7/8 Mercer Slough

7/15 Foster Island

7/22 Ravenna Park

8/5 Volunteer Park

8/12 Green lake

*8/19 Blvu Botanical Gardens

*9/16 Saint Edwards Park



CARDS & BOARD GAMES

BRIDGE

Free

Fridays 1:00-4:00 pm Miller

ARTS & CRAFTS

CHERYL'S CHOICE CRAFTS \$2 per project

Try something new every week from candlemaking to collage, from bookbinding to batik....join us and learn something new that will be a great addition to your home, or make a great gift!

Tues or Thurs 2:00-4:00 pm Yesler

Summer Jewelry July 15 & 22

Personalized Papers August 5

Mosaics (Thurs) August 14 & 21

GARDEN ART SERIES \$6.00 per project

Three weeks of fantastic projects to bring a touch of art into your garden. Everyone will want to know where you got it! Please sign up in advance so supplies are available for you!

Thursdays 12:30 am – 2:30 pm Garfield

Stepping Stone July 24

Outdoor Luminary July 31

Terra Cotta Bird Bath August 7

CRAFTS WITH CHLOE

Learn a new craft, or share your favorite craft in this fun and social setting with other crafts people. Register in advance by calling 233-7255.

Wednesdays 1:00 – 3:00 pm Miller

MEMORY MAKERS \$6.00

Make a handmade scrapbook, then fill it with photos and memories using beautiful papers, fun stickers, and your captions to document the event. A great way to preserve your memories, or to pass on a legacy to your family.

Thursdays July 10 & 17 12:30 – 2:30 pm Garfield

Watercolor Painting class at Miller- See page 8.

SPECIAL EVENTS/WORKSHOPS

BINGO PARTY

Free

One of Americans' all time favorite games for everyone! This summer we will play with the Yesler summer day camp participants....The more the merrier! We play for prizes and fun! Bring A new 'white elephant' to add to our prizes if you wish!

Tuesday, July 8 1:30 – 3:00 pm Yesler

Tuesday, August 12 1:30 – 3:00 pm Yesler

ICE CREAM & A MOVIE

Free

Let's get together and watch a movie with the Yesler Day Camp Kids and crank the ice cream maker while we watch!

Tuesday, August 19 1:30 – 4:00 pm Yesler

ADOPT A FLOWER BED Free

Join our 'flower power' team as we do our part by adopting a small flower bed at Volunteer Park. We will be responsible for general upkeep of our part of the park. We will stop for coffee after our work!

Wed July 9, August 6 & Sept. 10 1:00-3:00pm

Senior Trips



13

CW - CE Trip Registration:

Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call leave your name, phone number, name of trip and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

Trip Payments:

Make checks payable to: "SAAC", mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

Pick-up Sites:

Miller CC 330 19 Ave. E.
(Pick-up 1 hour before time listed)

Garfield CC 2323 E. Cherry
(Pick-up 45 minutes before time listed.)

Magnolia CC - 2550-34th Ave. W.
(Pick-up 20 minutes before time listed.)

Queen Anne CC 1901-1st Ave. W.
(Pick-up at the time listed.)

REGISTER - 8:00 AM ON DATE LISTED

BY CALLING 206-684-4240

Leave Your Name, Phone # and Pick-Up Site

SEQUIM LAVENDER FESTIVAL \$12.00
The Lavender Festival is truly an experience for all the senses. Stroll the fields of purple, smell it, pick it, taste it and enjoy! We will visit several farms (\$6 for farm tour button/admittance) then enjoy the Lavender Street Fair open air market where we will have lunch (on your own) and enjoy the natural crafts, entertainment and more! Includes a ferry ride too!
July 18 9:00am-6:00pm **REG. July 7**

CHUCKANUT MANOR & PADILLA BAY \$8.00

Enjoy the scenic view while dining at Chuckanut Manor, \$9 to \$15 per meal for lunch (on your own). Then catch a breath of fresh air as we visit Padilla Bay estuary on the Skagit River and Puget Sound. Cap the day of with a ride down Chuckanut Drive on the return trip to Seattle.

July 25 9:00am-6:00pm **REG: July 14**

ANACORTES ARTS FESTIVAL \$8.00

This huge arts festival takes over the town of Anacortes with food music and lots of art. Be prepared for lunch on your own and a lot of walking.

Aug. 1 9:00am-6:00pm **REG: July 21**

MALTBY/MONROE TREASURES \$6.50

Explore the best of the Maltby/Monroe area with us! Brunch (on your own) at the fabulous Maltby Café and a stroll through the newly renovated Flower World nearby. Top it off with a special crafting class just for us (\$5 to make 2 glass coasters to take home) at the famous crafters paradise, Ben Franklin in Monroe.

Aug. 8 9:00am-4:00pm **REG: July 28**

HERONSWOOD NURSERY \$12.00
"HYDRANGEA DAZE"

Open garden at Heronswood with docents and staff to answer your plant ID questions, and slide presentations on selected subjects. There are often special prices on selected plants and light concessions at the gardens. All this plus a stop for lunch, on your own, and a ferry ride

Aug. 15 9:00am-6:00pm **REG. Aug. 4**

BLACK DIAMOND BAKERY/

FLAMING GEYSER PARK \$6.50

Always a treat for the stomach and the eyes...lunch at the Black Diamond Bakery (on your own and don't forget to bring home cinnamon rolls and potato bread), then a naturalist led tour of Flaming Geyser Park, and a drive through Green River Gorge. What a way to go!

Aug. 22 10:00am-4:00pm **REG. Aug. 11**

SNOQUALMIE FALLS & NORTH BEND ADVENTURE \$5.00

Let's take a drive through scenic Fall City to the Snoqualmie Falls overlook. Then into North Bend for lunch, on your own, and a little exploration.

Sept. 12 9:00am-5:00pm **REG. Sept. 2**

CRACKED CRAB CRUISE \$56.00

Sail on the scenic sound through Deception Pass, watching for native birds and sea life. Feast on Dungeness crab, and if you can handle it we will visit our favorite road side fruit, vegetable and **ICE CREAM** stand on the way home! Sorry, no scholarships available for this trip.

Sept. 19 10:00am-5:00pm **REG. Sept. 8**



Community Phone List

RECREATION INFORMATION

Public Information	684-8020
Compliments/Concerns	684-4075
Picnic Scheduling	684-4081
Field/Tennis Court Scheduling	684-4077
Group Field/Tennis Ct Scheduling	684-4082
Field Rain-Out Line	233-0055
Teen Advocate	684-7136
Garfield Teen Life Center	684-4550
Trec Program	684-4368
Environmental Stewardship	733-9701

COMMUNITY SERVICES

Chamber of Commerce	686-3221
Neighborhood Service Center	684-4574
Police East Precinct	684-4300
Police West Precinct	684-8917
Metro Transit Rider Info	553-3000

SCHOOL INFORMATION

Leschi	252-2950
T.T. Minor	252-3230
Stevens	252-3400
St. Joseph's	329-3260
Montlake	252-3300
Meany Middle	252-2500
Garfield H.S.	252-2270
Lowell	252-3020
Topps	252-3510
MLK	252-2900
Madrona	252-3100
Transportation	252-0900

SPORTS INFORMATION

Youth Athletics	684-7091
Adult Athletics	684-7092
Capitol Hill Soccer	675-0397
Athletic Field Scheduling	684-4077
Seattle Tennis Center	684-4764
Garfield Little League	721-3534
Montlake Little League	324-0318
Central Area Panthers Football	853-3181

SENIORS INFORMATION

Senior Programs	233-7255
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COMMUNITY CENTERS

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
Highpoint	684-7422
Jefferson	684-7481
Langston Hughes	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier	386-1919
Rainier Beach	386-1925
Ravenna-Eckstein	684-7534
Southwest	684-7438
South Park	684-7451
Van Asselt	386-1921
Yesler	386-1245
Queen Anne Aquatics	386-4282
Ballard Aquatics	684-4094
Medgar Evers Pool	684-4766
"Pop" Mounger Pool	684-4708
Colman Pool	684-7494

SPECIAL INTERESTS

Aquarium	386-4320
Asian Art Museum	654-3100
Daybreak Star Cultural Ctr.	285-4425
Discovery Park	386-4236
Green Lake Small Craft Ctr.	684-4074
Mt. Baker Rowing/Sailing	386-1913
Woodland Park Zoo	684-4800
Volunteer Pk. Conservatory	684-4743
Camp Long	684-7434
Carkeek Park	684-0877
Seward Environmental Ctr	684-4396





Customer Services Unit (CSU)

For information about Parks and Recreation facilities, recreational programs or scheduling anywhere in the City please call the customer service unit at 684-4075. For additional information about Senior Adult Programs call 684-4951 and for Specialized programs for children, youth and adults of special populations please call 684-4950.



Anti-Discrimination

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap. (S.M.C. 18.12.280)

ADA Compliance (American Disabilities Act)



Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call 386-1921 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Miller Advisory Council

We are looking for citizens in our community to join our advisory council. We are looking for positive and creative thinkers that can have an impact in our community. Our goal is to create scholarship opportunities for the low income through grant writing and other fundraising activities. For more information please call Gina Saxby at 684-4753.

The staff at Miller Community Center are pleased to serve you. We welcome comments and suggestions about what we can do to improve your Community Center.



Professional Staff:

Gina Saxby- Acting
Recreation Center Coordinator
Martha Winther -
Assistant Rec. Center Coordinator
Roosevelt Straw -
Maintenance Laborer
Traci Grant-
Teen Development Leader
Audrey Weaver
Nicole Howard
Rashida Ballard
Anthony Holmes
Recreation Attendants

Management Staff:

Ken Bounds -
Superintendent
Christopher Williams -
*Recreation & Parks
Operations Director*
Herbye White -
Recreation Support Director
Royal Alley-Barnes -
*East Central
Park & Recreation Manager*



Registration Form

Miller Community Center

Please fill out the form completely and return it with payment to:

330 - 19th Ave E, Seattle, WA 98112

For Additional Information call 684-4753

No additional confirmation will be sent, please refer to the program brochure for start date and times



Payee Information					
Name				Relationship to Participant	
Address		City		Zip	
Home Phone			Other Phone		
Work Phone			e-mail address		

Method of Payment						
Check		Type of Card (circle one)	Visa	MasterCard	Am. Express	Debit Card
Cash		Credit Card Number				
Credit Card		Expiration Date				

General Waiver

☐ Yes, the following registered participant(s) may be photographed for use in Miller Community Center publications. I hereby give my consent for the below named participant(s) to participate in the program(s) listed below being conducted or co-sponsored by the Seattle Department of Parks and Recreation and Miller Advisory Council and declare that I will not hold the City of Seattle, Seattle Department of Parks and Recreation, Miller Advisory Council or any of their employees or volunteers responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Participant Registration

Class Title	Day (s)	Time	Fee	Participants First & Last Name	Birth Date	Sex

Complete the credit card payment information or make checks payable to

Miller Advisory Council #070 and mail to:

Miller Community Center, 330 - 19th Ave E., Seattle, WA 98112